

JINDAL FIRST GRADE COLLEGE FOR WOMEN

**(Managed by Pragun Jindal Philanthropic Organization)
Jindal Nagar, Tumkur Road, Bengaluru – 560073**



Women Empowerment Committee

ANNUAL REPORT (2017-2018)



- **Legal Talk on Usage of Social Media :** On 6.9.2017 A Legal Talk was organized by The Advocate, Mr.B Suresh Gowda . Mr. Suresh Gowda has more than 11years of experience in handling matters related to banking laws, civil laws, documentation, family laws, motor vehicle accidents and property laws. He is enrolled with the Bar Council of Karnataka since 2006. He resides in Kolar. Advocate Suresh gowda is well regarded in the legal community.

Suresh Gowda talked about following issues:

- Abuse & Bullying in social media: General safety tips while using social medias like facebook, twitter, whatsapp etc such as keeping the profile private, protecting the security and privacy, awareness in hashtags, blocking the friends, closing the accounts. He also encouraged the students to take advise from the parents.
- Cyber crime: Cell phones and internet are the open door for cyber crimes. Crimes such as bluebugging, malware depends on how we use the internet. We should never disclose our personal information and password anywhere.
- Net banking safety: Be sure with the password while banking and shopping online. Ensure the sites are https or shttp.
- Prevention of SIM card misuse: Measures to be taken when we lose our simcards like immediate blocking of simcard & complaint to the police.
- Sexual abuse in social media: Social media is being used as a platform for sexual abuse. So we should be careful while uploading the photos or personal information.

- **Report On Workshop On Self Defense :** On 6.7.2018 Self Defense Techniques Workshop was organized. Mr Shivu Kumar is the proprietor of S K S International foundation(Reg) Madanakanahalli, Bengaluru.Mr Shivu Kumar is expert in Karate and Yoga. He has more than 10years experience in the field of Karate and Yoga. He gives coaching in



various schools in and around Bengaluru. He also gives free coaching for the poor and handicapped candidates.

He gave following Tips and discussed about following issues:

- Need for self defense for women : Self-defense helps women protect themselves and their family. This is the most important reason for women to learn self-defense, because it is the difference between life and death. While men are touted as the stronger sex .Meaning, even though women are smaller and not as strong, this discipline helps women use their opponent's mechanics against them, such as their height, weight, and even strength. In a self-defense situation, this is pivotal. The majority of attackers are not going to be proficient in martial arts. This provides an edge to women when in a self-defense situation.
- Current issues regarding to women humiliation: Women are constantly fed messages by the media that suggest being slim and young is the key to beauty and success. We talk about the unrealistic expectations placed on women. We talk about skinny shaming. We talk about fat shaming. And we talk about everything else in between. Around one in four women experience domestic violence over their lifetimes. According to new research, women who suffer at the hands of domestic violence are stuck in their situation for nearly three years, on average, before getting the help they need. But with more and more women's shelters being closed every year due to budget cuts, immediate and apparent help is becoming less likely than ever.
- Moral strength in fighting against humiliation:
 1. Realize that you are not alone. "If you can find people who have had a similar crisis to your own, talk to them."
 2. You have to be resilient, not just smart. Sometimes what separates successful people from those who fail is not talent, but the willingness to keep coming back after terrible setbacks, rather than giving up.



3. Most of the time, it's nothing personal. Success is often about a fit between you and a particular place or situation. If you don't fit, don't take it personally—just move on to a better fit.
4. Learn from the experience.
5. Seek out a support network to help you move on.
6. Use any downtime you have to do something you really enjoy.
7. Think twice before striking back. "Your cause may be just. But the more relevant question is whether plotting your revenge is the best use of your time, energy, reputation, and likely, money. Wouldn't it be wiser to focus on plotting a new future for yourself?"
8. Don't hide. "You need to affirm for people, and perhaps for yourself, who you are and what you stand for. And you need to show people that the crisis has not destroyed you."
9. View the crisis as an opportunity. For example, use it as an opportunity to pursue something you love.
10. Move on. Don't wallow in your humiliation. Plan for the future.

Finally he gave coaching on self defence and demonstrated small techniques to fight and gave tips for the doubts posed by the students.

- **Student Participation On Suicide Prevention Day:** In Association with CRISP- Children's Right Initiative for Sharing Parenting: Dr Santosh Kumar B Patadar, Coordinator- CRISP- India, Shri Kumar Jahgirdar, National President- CRISP- India organized an event on "Fight for Suicide Prevention" at Town Hall Bengaluru. Poster exhibition and street play performance on prevention of suicide and mainstreaming of people with suicidal behaviors, with the focus on identifying the suicidal behaviors and mainstreaming of people with mental illness and ending with a street play was conducted and our students actively took part in the even by presenting posters and street play.
- **Talk By The Gynecologist On Health and hygiene for women :** On 7.4.2018 Dr Roopa Ramaswamy MBBS, DGO who has more than 40 years of experience in teaching and



consultation in various institutions who is presently working in Jindal Charitable Hospital, Tumkur road Bangalore addressed the students on Health and Hygiene for Women.

Dr Roopa Ramaswamy talked about following issues:

- Healthy food: It is very important for the women to have healthy food. She gave information about the requirement of protein, vitamin, minerals in the food and the effects of eating non hygiene food and fast food.
- Diet: Since women now days are very much interested in reducing weight she gave insight in to the healthy diet plans. She advised the students to include vegetables, fruits and dal daily in the diet.
- Importance of water intake: Body uses water to help regulate its temperature and maintain other body functions. Because body loses water through breathing, sweating, and digestion it is important to hydrate by drinking water. She advised the students to drink water at least 3litres per day.
- Exercise: Exercise is very important to enhance health and quality of life. People who engage in exercise will have lower risk of developing diseases. She advised the students to go for walk daily.
- Menstrual cycle: Menstruation is the regular discharge of blood from the vagina. Menstruation may start at the age of 13 years to 50years at about 21 days cycle. She gave solutions to various problems regarding menstruation. She also advised the students about usage of sanitary pads and hygiene during menstruation.

At the end of the talk Doctor answered to the student's questions and doubts regarding the women health and hygiene.



Student Participation On Suicide Prevention Day at Town Hall



